

STRATEGIC FOCUS: PLAN

WEBINARS

- **Stay Financial Ready for the Unexpected (November 20 | 1 p.m. ET)**

From accidents, injuries, and illnesses to pregnancies, unexpected caregiving duties, and forced or voluntary career changes, every one of us will face our own unique set of surprise events. How do you prepare for what you can't predict? It starts with the basics. In this webinar, we'll explore key steps in financial planning to help you stay ready, no matter what comes your way. Click here: <https://www.captrustatwork.com/stay-financially-ready-for-the-unexpected/> to register.

VIDEOS

- **Market Update (October)**

CAPTRUST's Chief Investment Officer, Mike Vogelzang, outlines what has happened in the markets and explains it relative to the participant perspective

- **5 Tips for Managing Holiday Debt (November)**

Don't let holiday debt overshadow your holiday joy. In this *Lessons in Financial Experiences (LIFE)* video, learn how to get back on track after the holidays with strategies for paying off and consolidating credit card debt.

- **10 Tips for Frugal Living (December)**

Frugal living doesn't have to mean sacrificing today's happiness for later. It only means being intentional with your money. The good news is, people who live within their means report greater life satisfaction, lower stress, and better mental health. In this video, we discuss 10 financial planning tips to gain control over your finances.

ARTICLES

October

- LIFE | Leasing vs. Owning a Car
- Ask the Experts: How To Encourage Your Spouse To Be More Engaged in Your Finances

November

- LIFE | Getting Your Credit Report
- Who Is Your Financial Ally

December

- A Look at ABLE Accounts
- Ask the Experts: Permanent Life Insurance



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All dates and titles subject to change.

